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Mental Health Clinics

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT of WELFARE
BUREAU OF MENTAL HEALTH
HARRISBURG

MENTAL HEALTH CLINICS

Clinics for the early diagnosis and treatment of mental illness, mental defect and functional disorders of the nervous system have operated long enough in many places under both State and private control to require no further proof of their value in solving innumerable social problems affecting both children and adults. The Bureau of Mental Health has established such clinics as rapidly as possible throughout the State and plans to provide eventually every county of the State with at least monthly consultation facilities.

Owing to the extent of territory to be covered it is difficult to provide this service adequately on account of the limited personnel. In many counties these clinics are adjuncts of the various hospitals for mental disorder, the physicians of these hospitals acting as consultants at places conveniently located. In order to reach communities too remote from the State or county hospitals, the Bureau has also established regular clinics staffed by its field neuropsychiatrist and three full time psychologists.

The Bureau is also regularly serving the Boys' Reformatory at Huntingdon. At this institution an effort is being made to examine and properly understand every inmate and to advise as to parole and the nature of vocational training indicated. The Bureau believes that this sort of service to penal institutions is of great value not only in respect to the happiness and rehabilitation of the prisoner but also for the protection and ultimate welfare of the law-abiding members of society.

The majority of new patients at the clinics are referred by social agencies and the schools, but it is hoped that family physicians will become more interested in cooperating with the clinic consultants. The Bureau wishes to act in an advisory capacity and if possible refer all patients again to the family physician.

It is also very desirable to have closer contacts between school teachers and these clinics. The public school is the one clearing house for the majority of children and it is quite as important that their personality be understood and corrected as that their general physical condition be reported. Parents, teachers and school inspectors will usually take pains to have a contagious disease or some other of the purely physical disorders detected and treated but be quite unaware of the more serious emotional or intellectual disorders and the environmental conditions by which the child's personality is handicapped. It is the function of a psychiatric clinic to discover these handicaps.

It is perhaps not generally known that the epidemics of encephalitis (sleeping sickness) have not spared children, and that in many instances very striking changes in personality and conduct have occurred following this disease. These peculiarities of behavior are not necessarily accompanied by any signs of organic disease of the nervous system and hence their true significance may easily be unrecognized. The result of encephalitis in children may be manifested entirely by marked emotional unstability, prevarications and impulsive behavior, ending in delinquent acts and sexual misconduct.

There are many other instances of disordered conduct in children which have nothing to do with either mental defect or physical disease. In such cases the child may be retarded in school and present a dis-

ciplinary problem. The cause of such deficiency in school progress or troublesome behavior eludes detection unless accurate knowledge of the home situation and the child's reaction to the various members of the family, the child's individual desires, special abilities and interests and his repressed emotional complexes is obtained. After such information is secured by visits to the home or by confidential interviews with the child and his parents, it is often surprising to discover how simple the causative factors really are. For example a boy of twelve years was two grades behind in school progress. His teacher complained that the boy was mischievous and inattentive. An intelligence test showed no defect. The physical condition was normal. The boy was a likeable sort and cooperated well in the examination. It was learned that he had no playmates of his age outside of school hours. His mother did not let him join any boys' clubs or ball teams because she feared he might get hurt. When at home his only companions were the mother and on Sundays the father, with whom he took walks. He was an only child. When this boy reached the school room all his pent up energies found a larger scope for their expression.

In other cases special abilities and interests along manual and mechanical lines are discovered which are not yet being met by the school curriculum. Such investigation takes time and it is, therefore, necessary that as much data as possible pertaining to the individual's physical condition and to the family setting, and a clear account of the behavior of the individual at home, school or elsewhere be assembled before the field consultant arrives to make an examination. Psychiatrists do not make diagnoses and give advice just by looking at people or hearing them talk. A knowledge of the patient's reaction to his usual environment is of more value in most instances.

The following is a list of clinics conducted under the auspices of the Bureau of Mental Health, giving the time and location, the consultants and the name and address of the secretary. So far as possible, appointments for consultations should be made through the clinic secretary.

CLINIC SCHEDULE

Allentown—1st Monday. Sacred Heart Hospital, 421 Chew Street.
Consultants from Allentown State Hospital.
Secretary, Sister Columba, Sacred Heart Hospital.

Allentown—3d Monday. Allentown General Hospital, 1627 Chew Street.
Consultants from Allentown State Hospital.
Secretary, Mrs. Anna M. Roberts, Director of Social Service, Allentown General Hospital.

Altoona—2d Friday. Altoona Hospital, Howard Ave. and Seventh St.
Consultants from Blair County Hospital.
Secretary, Miss Mary Davis, Probation Officer, Altoona Trust Building.

Beaver County—3d Wednesday. Red Cross Rooms, 1305 Third Avenue, New Brighton.
Consultant, Dr. W. W. Richardson, Mercer Sanitarium.
Secretary, Dr. Alice Jones, Director, Beaver County Child Bureau, Red Cross Rooms, New Brighton.

Berwick—2d Monday. Red Cross Rooms, 344 Market Street.
Consultant, Dr. H. V. Pike, Danville State Hospital.
Secretary, Miss Dunphy, R. N., Red Cross Rooms.

Bethlehem—2d Monday. St. Luke's Hospital, Ostrum St. and St. Luke's Place.
Consultants from Allentown State Hospital.
Secretary, Mrs. Mary Kelly, Social Service Director, St. Luke's Hospital.

Bradford County—4th Friday. Meets in the various towns of the County.
Consultant from Bureau of Mental Health.
Secretary, Mrs. F. C. Stehle, Director of Red Cross, Court House, Towanda.

Carlisle—3d Friday. Welfare Workers' Association, Room 17, Sentinel Building.
Consultant, Dr. E. M. Green, Supt., Harrisburg State Hospital.
Secretary, Miss Mary Compton, Welfare Worker.

Chambersburg—3d Tuesday. Probation Office, Court House.
Consultant, Dr. R. F. L. Ridgway, Harrisburg State Hospital.
Secretary, Mrs. Mary S. G. Buch, Court House, Chambersburg.

Chester—4th Tuesday. Chester Hospital, 9th and Barclay Sts.
Consultant, Dr. J. P. Sands, Friends Hospital, Frankford, Philadelphia.
Secretary, Miss B. Stevenson, Social Worker, Chester Hospital.

Coatesville—1st Friday. May Huston House, 73 First Avenue.
Consultant from Bureau of Mental Health.
Secretary, Miss Ethel M. Thomas, Field Representative, Bureau of Mental Health, 3408 Spring Garden St., Philadelphia.

Danville—1st Friday. State Clinic Rooms, 110 Broome Street.
Consultant, Dr. H. V. Pike, Danville State Hospital.
Make appointments with Dr. Pike.

Easton—4th Monday. Easton Hospital, 656 Wolfe Street.
Consultants from Allentown State Hospital.
Secretary, Mrs. James Tupper, College Campus, Easton.

Erie Schools—(By appointment).
Consultants from Warren State Hospital.
Make appointments with Miss Elizabeth Milne, Visiting Teacher, Board of School Directors, Erie.

Hazleton—2d Monday. Red Cross Rooms, 1-3 City Hall
Consultant, Dr. Jessie P. Janjigian, 1043 Wyoming Ave., Forty Fort.
Secretary, Miss Anna Bock, R. N., State Clinics, City Hall.

Huntingdon—2d Friday. State Clinic Rooms, 516 Penn Street.
Consultant from Bureau of Mental Health.
Secretary, Miss Julia Black, R. N. State Nurse.

Huntingdon—Monthly visits to Reformatory.
Consultant from Bureau of Mental Health.

Indiana—1st Wednesday. Red Cross Rooms, 40 South Ninth St.
Consultant, Dr. C. R. McKinniss, Supt., Torrance State Hospital.
Secretary, Miss N. Grace Chrisman, Red Cross Rooms.

Jenkintown—1st Thursday. Public Health Association, Old York Road.
Consultant from Bureau of Mental Health.
Secretary, Miss Audrey M. Hayden, Executive Secretary, Old York Road.

Lancaster—2d Thursday. Lancaster General Hospital, 428 North Lime Street.
Consultant, Dr. R. F. L. Ridgway, Harrisburg State Hospital.
Secretary, Mrs. M. F. Coppinger, Social Worker, Lancaster General Hospital.

Lebanon—2d Tuesday. Good Samaritan Hospital, Fourth and Walnut Streets.
Consultant, Dr. J. E. Robbins, Wernersville State Hospital.
Secretary, Miss Ida Midell, R. N., Supt., Good Samaritan Hospital.

Lock Haven—4th Monday. State Clinic Rooms, 127 Susquehanna Ave.
Consultant, Dr. H. V. Pike, Danville State Hospital.
Secretary, Mrs. Eleanor R. Faunce, Supt., Lock Haven Hospital.

Meadville—1st Tuesday. Associated Charities Rooms, Market House.
Consultant, Dr. W. J. Wehrle, Meadville.
Secretary, Miss Helen Easterwood, Crawford County Children's Aid Society.

Montrose—4th Monday. Red Cross Rooms.
Consultant, Dr. David Brewster, Montrose.
Secretary, Mrs. L. T. Sturdevant, R. N., Montrose Red Cross.

New Castle—1st Friday. Associated Charities, 302½ E. Washington Street.
Consultant, Dr. T. M. Barrett, Medical Director, Dixmont Hospital.
Secretary, Miss Anna Gilliland, Associated Charities.

Norristown—4th Monday. Court House Annex.
Consultants from Norristown State Hospital.
Secretary, Miss C. M. Landis, Court House Annex.

Palmerton—1st Tuesday Palmerton Neighborhood House.
Consultants from Allentown State Hospital.
Secretary, Miss S. Alice Haslam, Palmerton Neighborhood House.

Pottsville—2d Thursday. Pottsville Hospital, Mauch Chunk and Jackson Sts.
Consultants from Schuylkill County Hospital.
Make appointments with Mrs. Margaret T. Bailey, R. N., Director of Nurses, Pottsville Hospital.

Reading—3d Friday. Social Welfare League, 620 Franklin Street.
Consultants from Wernersville State Hospital.
Secretary, Miss Helen Cleaver, 230 N. Sixth Street.

Reading School—3d Wednesday. Administration Building.
Consultant from Pennhurst State School.
Secretary, Mrs. F. Stevens, R. N., Administration Building.

Scranton—Fourth Wednesday and following Thursday. Dispensary of Jewish Federation, 440 Wyoming Ave.
Consultant, Dr. T. A. Rutherford, Supt., Hillside Home, Clarks Summit.
Secretary, Miss Catherine O'Boyle, (Telephone 5281) Big Brother Organization, County Bank Building.

Shamokin—2d and 4th Tuesdays. State Clinic Rooms, 543 Market Street.
Consultant, Dr. H. V. Pike, Danville State Hospital.
Secretary, Miss Bertha Fullmer, R. N., Visiting Nurse Association.

Sharon—1st Wednesday. Buhl Hospital, 740 East State Street.
Consultant, Dr. W. W. Richardson, Mercer Sanitarium.
Secretary, Miss Ann Beharry, Shenango Valley Community Fund, 40 Vine Street.

Sunbury—3d Friday. State Clinic Rooms, 26 N. Fourth St.
Consultant, Dr. H. V. Pike, Danville State Hospital.
Secretary, Miss Annie Hileman, R. N., State Clinic.

Stroudsburg—Clinics arranged occasionally on 3d Tuesday. State Clinic Rooms, 539 Main Street.
Consultants from Allentown State Hospital.
Secretary, Mrs. J. P. Miller, R. N., State Clinic.

Titusville—Clinics arranged occasionally through the schools.
Consultant, Dr. B. A. Black, Assistant Supt., Polk State School.
Secretary, Mrs. Hamilton Stewart, R. N., Board of Education.

Uniontown—2d Tuesday. Red Cross Rooms, 414-16 Fayette Title and Trust Building.
Consultant, Dr. C. R. McKinniss, Supt., Torrance State Hospital.
Secretary, Miss Edith Sturgis, Fayette County Red Cross.

Warren—Mondays. State Hospital.
Make appointments with Dr. H. W. Mitchell, Superintendent, Warren State Hospital.

Washington—1st Friday. Red Cross Rooms.
Consultant, Dr. R. L. Hill, Woodville.
Secretary, Mrs. Clarence Stevens, Washington Red Cross.

Waynesburg—Clinics arranged occasionally through the Red Cross.
Secretary, Miss Helen Dixon, R. N., Greene County Red Cross, Waynesburg.

West Chester—4th Wednesday. Juvenile Home, 228 W. Gay Street.
Consultant, Dr. A. W. Gottschall, Supt., Chester County Hospital.
Secretary, Miss L. N. Rimel, R. N., State Clinic Rooms, Y. M. C. A.

Wilkes-Barre—1st and 3d Tuesdays. Health Center, 541½ West Union Street.
Consultant, Dr. H. V. Pike, Danville State Hospital.
Secretary, Dr. Jessie P. Janjigian, Health Center.

Williamsport—2d and 4th Fridays. Health Center, 164 Pine Street.
Consultant, Dr. H. V. Pike, Danville State Hospital.
Secretary, Mrs. V. Catherman, R. N., Health Center.

York—1st Friday. Red Cross Rooms, 35 East Market Street.
Consultant, Dr. E. M. Green, Supt., Harrisburg State Hospital.
Secretary, Miss Ruth Clark, York Red Cross.

In addition, it is possible to obtain consultation service in localities not reached by the regular clinics, through Miss Florentine Hackbusch, Miss Ethel M. Thomas, or Miss Augusta E. Galster, Ph. D., Field Representatives, Bureau of Mental Health, Department of Welfare, Harrisburg.

Occasional consultation services are furnished by request in Tioga, Wayne, Armstrong, Pike and Jefferson counties and may be secured if desired by other counties.

Further information as to the above and in regard to the organization of clinics elsewhere may be obtained by addressing

The Director, Bureau of Mental Health,
Department of Welfare,
112 Market Street, Harrisburg, Pa.

BULLETINS OF THE DEPARTMENT OF WELFARE

A copy of any of the publications listed below will be mailed upon application as long as the supply lasts.

Bulletin
Number.

1. Manual of Mothers' Assistance Fund.
2. Instruction Manual, Uniform Accounting System for General Hospitals.
3. Mental Health Clinics. October, 1922.
4. Some Undesirable Habits and Suggestions as to Treatment. Written by Dr. Jessie Taft and issued by Children's Bureau.
7. Standards of Placing Out, Supervision and After-Care of Dependent Children.
8. Mental Health Clinics. May, 1923.
9. Directory of Children's Institutions and Child-Caring Societies.
10. Handbook of State Institutions.
11. Instructions for Making Out Prisoner's Application for Situation on Discharge.
12. Instructions for Making Out Prisoner's Classification Card.
13. Using Foster Homes Wisely, By Charles G. Girelius.
14. Report to the General Assembly of the Mothers' Assistance Fund.
15. Mental Health Clinics. April, 1924.
16. Child Care in Institutions.
17. A study of Day Nurseries in Pennsylvania, By Helen Glenn Tyson.
18. Biennial Report of the Department of Welfare.
20. Poor Relief in Pennsylvania. Study by Emil Frankel.
21. Poor Relief in Pennsylvania. State-wide Survey, by Emil Frankel.
22. Child Nutrition. By Katharine A. Pritchett.
23. Rules, Regulations and Minimum Standards for Boarding Houses for Infants.
24. Mental Health Clinics. November, 1925.

In addition the Department of Welfare has for distribution copies of the following publications, which are not official bulletins:

Flour Valuation, an address given before the Stewards' Conference of the State Departments of Health, Public Instruction and Welfare, By Charles H. Briggs.

A Health Program for Institutions, By Dr. Horace H. Jenks.

Better Service to Children from a Business Standpoint, By Nina M. Steele.